



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19097, Sherbet, orange

Report Date: June 26, 2017 17:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 0.5 cup (4 fl oz) 74g | 1 bar (2.75 fl oz) 66g |
|--------------------------------|------|------------------------|----------------|------------|--------------------------|---------------------------|
| Proximates | | | | | | |
| Water | g | 66.10 | 40 | 0.297 | 48.91 | 43.63 |
| Energy | kcal | 144 | -- | -- | 107 | 95 |
| Energy | kJ | 602 | -- | -- | 445 | 397 |
| Protein | g | 1.10 | 41 | 0.330 | 0.81 | 0.73 |
| Total lipid (fat) | g | 2.00 | 23 | 0.057 | 1.48 | 1.32 |
| Ash | g | 0.40 | 1 | -- | 0.30 | 0.26 |
| Carbohydrate, by difference | g | 30.40 | -- | -- | 22.50 | 20.06 |
| Fiber, total dietary | g | 1.3 | -- | -- | 1.0 | 0.9 |
| Sugars, total | g | 24.32 | -- | -- | 18.00 | 16.05 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 54 | 10 | 4.021 | 40 | 36 |
| Iron, Fe | mg | 0.14 | 6 | 0.027 | 0.10 | 0.09 |
| Magnesium, Mg | mg | 8 | 8 | 1.167 | 6 | 5 |
| Phosphorus, P | mg | 40 | 7 | 4.817 | 30 | 26 |
| Potassium, K | mg | 96 | 12 | 13.153 | 71 | 63 |
| Sodium, Na | mg | 46 | 12 | 5.938 | 34 | 30 |
| Zinc, Zn | mg | 0.48 | 10 | 0.292 | 0.36 | 0.32 |
| Copper, Cu | mg | 0.028 | 5 | 0.005 | 0.021 | 0.018 |
| Manganese, Mn | mg | 0.011 | 4 | 0.002 | 0.008 | 0.007 |
| Selenium, Se | µg | 1.5 | -- | -- | 1.1 | 1.0 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.3 | -- | -- | 1.7 | 1.5 |

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| Thiamin | mg | 0.027 | -- | -- | 0.020 | 0.018 |
| Riboflavin | mg | 0.097 | -- | -- | 0.072 | 0.064 |
| Niacin | mg | 0.063 | -- | -- | 0.047 | 0.042 |
| Pantothenic acid | mg | 0.224 | -- | -- | 0.166 | 0.148 |
| Vitamin B-6 | mg | 0.023 | -- | -- | 0.017 | 0.015 |
| Folate, total | µg | 4 | -- | -- | 3 | 3 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 4 | -- | -- | 3 | 3 |
| Folate, DFE | µg | 4 | -- | -- | 3 | 3 |
| Choline, total | mg | 7.7 | -- | -- | 5.7 | 5.1 |
| Vitamin B-12 | µg | 0.13 | -- | -- | 0.10 | 0.09 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 12 | -- | -- | 9 | 8 |
| Retinol | µg | 12 | -- | -- | 9 | 8 |
| Carotene, beta | µg | 1 | -- | -- | 1 | 1 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 5 | -- | -- | 4 | 3 |
| Vitamin A, IU | IU | 46 | -- | -- | 34 | 30 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 7 | -- | -- | 5 | 5 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | -- | -- | 0.01 | 0.01 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 1.160 | -- | -- | 0.858 | 0.766 |
| 4:0 | g | 0.094 | -- | -- | 0.070 | 0.062 |
| 6:0 | g | 0.013 | -- | -- | 0.010 | 0.009 |
| 8:0 | g | 0.018 | -- | -- | 0.013 | 0.012 |
| 10:0 | g | 0.033 | -- | -- | 0.024 | 0.022 |
| 12:0 | g | 0.023 | -- | -- | 0.017 | 0.015 |
| 14:0 | g | 0.170 | -- | -- | 0.126 | 0.112 |

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| 16:0 | g | 0.585 | -- | -- | 0.433 | 0.386 |
| 18:0 | g | 0.170 | -- | -- | 0.126 | 0.112 |
| Fatty acids, total monounsaturated | g | 0.530 | -- | -- | 0.392 | 0.350 |
| 16:1 undifferentiated | g | 0.052 | -- | -- | 0.038 | 0.034 |
| 18:1 undifferentiated | g | 0.470 | -- | -- | 0.348 | 0.310 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.080 | -- | -- | 0.059 | 0.053 |
| 18:2 undifferentiated | g | 0.065 | -- | -- | 0.048 | 0.043 |
| 18:3 undifferentiated | g | 0.015 | -- | -- | 0.011 | 0.010 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 1 | -- | -- | 1 | 1 |

Amino Acids

Other

| | | | | | | |
|----------------|----|-----|----|----|-----|-----|
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |